

Cath's Meal Plan January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 BBQ, salads	2 Leftovers/ Freezer Meals
3 Roast Chicken	4 BBQ Sausages	5 Spag bol	6 Cream Cheese Patties & Salad	7 MOO Pizza	8 Italian Vegetarian Meatballs	9 Tacos
10 Roast Lamb	11 Sticky Chicken Drumsticks	12 Lasagne	13 Shepherd's Pie	14 MOO Pizza	15 Mock Schnitzels, wedges, salad	16 Hamburgers
17 Roast Chicken	18 Rissoles & Salad	19 Ravioli	20 Corned Beef, mash, greens	21 MOO Pizza	22 Cream Cheese Patties, salad	23 Muffin Surprise
24 Roast Beef	25 MOO Parma, salad	26 Spinach Canelloni	27 Sloppy Joes	28 MOO Pizza	29 Fish, potato gems, coleslaw	30 Meatball Subs
31 Roast Chicken						